



Counselor

Patient

Clinical Information

Pretest Counseling Session #1 (Mother-To-Child Transmission – [MTCT]) Evaluator

During this pretest session, your patient has come in undecided about whether to be tested for HIV. Evaluate her medical chart, assess associated risk, and proceed with the session.

Serostatus — unknown

Counselor has received the following clinical information: Hcg (+)

You feel you are at risk of being HIV (+) due to concerns of infidelity during your spouse's deployments. You are also pregnant in your first trimester. Your results are in your chart, but assume the Provider is aware and do not mention your pregnancy status. You also have strong beliefs that if you are seropositive, you will be rejected by your family. You do not know HIV can be transmitted to your fetus. Resist being tested until the Counselor has thoroughly explained your risk assessment and transmission potential to the unborn child, the many clinical features of HIV/AIDS that pertain to your risk, the testing process, and support.

Pretest counseling is paramount in this scenario, the patient is fearful of obtaining a (+) result due to rejection. She is unaware of MTCT potential. After evaluation of chart and personalized risk assessment, Counselor should realize the patient has many elements that elevate risk and risk of MTCT, thus encouraging patient to be tested. The following areas should be addressed:

- Reason for attending this pretest session
- Knowledge about MTCT
- Process of testing and result notification
- Meaning of potential results
- Development of personal risk reduction plan and preventative therapy
- Potential support structure
- Contact tracing/partner notification potential

With each of these areas, the Counselor should demonstrate:

- Adequate clinical knowledge of subject matter including Hcg (+) status, MTCT, preventative therapy, and statistics related to prophylaxis.
- Good communication skills (verbal and nonverbal)
- Appropriate HIV/AIDS counseling techniques